



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

*** * * Fact Sheet * * ***

How to Dress For Cold Weather

Use the Layering Principle

Base Layer: Wear fabrics that keep your skin dry and prevent that clammy feeling.

Insulating Layer: Wear a vest or shirt made of fleece or wool. This may be added or removed depending on how cold you feel.

Windproof and Water-Resistant Outer Layer: Wear a jacket, preferably with a hood, to protect you from the elements.

Briefs: Wear briefs made of synthetic fabric. Cotton or cotton blend fabrics hold moisture and won't dry quickly.

Tights or Long Johns: A pair of tights or winter weight pantyhose may be helpful when temperatures are below 30 degrees Fahrenheit, especially when it is windy. Long john bottoms are best. Tights or pantyhose can also help prevent chafing and chapped skin on the thighs and calves.

Hands

Keeping your hands warm is essential for cold weather comfort. Mittens are much better than gloves. If you keep your fingers together, they all help warm each other.

Socks and Shoes

It is important to protect your feet from the elements when you are walking in cold weather.

Wear a hiking sock under a wool oversock. You may prefer a non-itchy wool sock that is machine washable. Be careful that you don't buy a sock so padded and bulky that it crowds your toes in your shoes.

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Wear light hiking boots or trail running shoes that are waterproof. Be sure the shoes have a flexible sole. Your feet will be fighting each step if you cannot bend or twist the sole.

Protect Your Eyes, Lips, Skin, Neck and Face

Sunglasses, sunscreen and lip balm will also be helpful.

Sunscreen is especially needed in winter as the sun's radiation is more intense, and less expected.

Lip balm with sun protection will also prevent chapped lips. Both can also help protect your skin from wind and cold.

Wear items such as:

Wear a hood that goes over your head and neck, protecting your ears and leaving only your face exposed. This can also be pulled up over your mouth or nose if necessary.

For more information on public health and emergency preparedness, click on the DHMH web site at: www.dhmh.state.md.us.

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Portions of above Information from web site:
<http://walking.about.com/od/cold/ss/winterwalkgear.htm>

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